

عنوان مقاله:

Overview of sourdough nutritional perspective in whole wheat bread

محل انتشار:

دومین کنگره بین المللی و بیست و پنجمین کنگره ملی علوم و صنایع غذایی ایران (سال: 1397)

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خلاصه مقاله:

Cereal foods are one the most important components of daily diet. Cereals and especially whole grain bakery products provide fundamental materials for body such as carbohydrate, fiber, vitamins and phytochemicals compounds. Each of whole grain products bioactive compounds has a special role and have health benefits. Sourdough fermentation has a main role in bread-making since past until now. The main micro flora of this ecosystem include lactic acid bacteria (LAB) and yeasts that regarded as a safe used worldwide in baked products. Sourdough is a mixture of flour, water with extemporaneous fermentation. Studies reveal positive effect of sourdough in bread preparing especially nutritional perspective. It improves nutritional quality by degrading anti-nutritive compounds such as phytic acid, increase bioavailability of minerals, vitamin and phytochemicals, improve the properties of the dietary fiber complex, decrease glucose response, content of biogenic compounds such as phenolic compounds and reduce the allergic response that related to proteolysis activity by endogen protease or the protolithic enzymes that sourdough micro flora released. According to increase consumers who like to eat natural and additive free products and their preference for healthy, tasty, natural and high quality bread use of traditional methods has replaced. This investigation reviews the beneficial health and nutritional effects of sourdough fermentation in whole wheat bread

کلمات کلیدی:

sourdough, whole grain, bread, nutrition

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